

60. The method as claimed in claim 57, further comprising:
completing said winding of said buffer tube onto said spool; and
winding said buffer tube onto a second spool while removing said pad from
said winding.

61. A method of winding a buffer tube having at least one optical fiber contained
therein on a spool comprising:

winding said buffer tube onto a first spool while inserting a pad between
successive layers of said buffer tube and providing a draw tension on said buffer tube;
and

winding said buffer tube onto a second spool from said first spool while
removing said pad from said windings of said buffer tube.

62. The method as claimed in claim 61, further comprising placing a buffer pad on
said spool prior to winding said buffer tube.

63. The method as claimed in claim 62, wherein said buffer pad has a Young's
modulus less than that of said buffer tube.

64. The method as claimed in claim 61, wherein said pad has a Young's modulus
less than that of said buffer tube.

65. The method as claimed in claim 61, wherein a diameter of said first spool at a point where said buffer tube is winding on said first spool is larger than 100 mm.

66. The method as claimed in claim 61, wherein a length of said buffer tube is less than 10 km.

67. The method as claimed in claim 61, further comprising varying said draw tension while said buffer tube is winding onto said first spool.

68. The method as claimed in claim 67, wherein said draw tension is decreased while said buffer tube is winding onto said spool.

69. The method as claimed in claim 67, wherein said draw tension is varied according to a monotonical function.

70. The method as claimed in claim 61, further comprising varying an angular speed of said first spool while said buffer tube is winding onto said first spool.

71. The method as claimed in claim 70, wherein said angular speed is increased while said buffer tube is winding onto said first spool.

72. The method as claimed in claim 70, wherein said angular speed is varied according to a monotonical function.

73. A fiber optic buffer tube having at least one optical fiber therein made in accordance with the method claimed in claim 34.

5 74. A fiber optic buffer tube having at least one optical fiber therein made in accordance with the method claimed in claim 47.

75. A fiber optic buffer tube having at least one optical fiber therein made in accordance with the method claimed in claim 61.

10 76. A method for winding a fiber optic buffer tube onto a spool, comprising:
placing a buffer pad on an outer surface of a core of said spool;
winding said buffer tube onto said buffer pad while applying a first draw
tension to said buffer tube;
15 functionally changing said first draw tension as said buffer tube is wound onto
said spool and said buffer pad;
measuring EFL of said buffer tube and determining an error in said EFL; and
re-spooling said buffer tube onto a second spool to correct said EFL error.

20 77. The method as claimed in claim 76, further comprising heating said buffer tube during said re-spooling.